

WHAT IS CLAIMED AS NEW AND DESIRED TO BE SECURED BY LETTERS  
PATENT OF THE UNITED STATES IS:

1. An oil-cooked or baked potatoes each of which comprises 3 to 50 wt.% of an oil or fat composition comprising 2 wt.% or less of a monoglyceride and 15 wt.% or greater but less than 50 wt.% of a diglyceride having, as a constituent fatty acid, 15 to 100 wt.% of an  $\omega$ 3 unsaturated fatty acid having less than 20 carbon atoms.

2. The oil-cooked or baked potato of claim 1, wherein said  $\omega$ 3 unsaturated fatty acid having less than 20 carbon atoms is  $\alpha$ -linolenic acid.

3. The oil-cooked or baked potatoes of claim 1, wherein said oil-cooked potatoes are selected from the group consisting of potato chips or fried potatoes and a mixture thereof.

4. The oil-cooked or baked potatoes of claim 1, wherein said oil or fat composition contains 20 to 40% of said diglyceride.

5. The oil-cooked or baked potatoes of claim 1, wherein said  $\omega$ 3 unsaturated fatty acid having less than 20 carbon atoms is present in an amount of 20 to 80% by weight.

6. The oil-cooked or baked potatoes of claim 1, wherein at least 70% of all of said constituent fatty acids of said diglyceride are unsaturated fatty acids having 3 or less carbon-carbon double bonds.

7. The oil-cooked or baked potatoes of claim 1, wherein said oil or fat composition further comprises an antioxidant.

8. A method of preparing an oil-cooked or baked potato comprising heating a potato in contact with an oil or fat composition, wherein said oil or fat composition comprises 2 wt.% or less of a monoglyceride and 15 wt.% or greater but less than 50 wt.% of a diglyceride having, as a constituent fatty acid, 15 to 100 wt.% of an  $\omega$ 3 unsaturated fatty acid having less than 20 carbon atoms.